KICKING THE HABIT

Extracts from the Talks of

HAZRAT MAULANA YUNUS PATEL SAHEB

RAHMATULLAHI ALAYH



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

FOREWORD

All praise is due to Allah Ta'ala, The Giver of Peace and Protection.
Salaat and Salaam upon the Guide to good deeds, Sayyidina Muhammad (صلى الله عليه وسلم)[1], eternally.

This booklet is the second edition of a compilation of *nasihah* (advice) taken from various discourses of Hazrat[2] Maulana Yunus Patel (رَحْمَةُ اللهِ عَلَيْهِ [3]), which has been tremendously beneficial for many sincerely wanting to *'kick'* their bad habits of smoking, drinking, drug-taking or gambling.

The prescriptions found herein, will *Insha-Allah*[4], benefit and motivate anyone who reads with an open mind and is keen to give up the bad habits.

Hazrat Maulana Yunus Patel (رَحْمَةُ اللهِ عَلَيْهِ) was the mentor and preceptor of thousands of people, in different parts of the world. Allah Ta'ala had chosen Hazrat Maulana as a beacon of guidance for the Ummah at large, and as an expert specialist of the spiritual heart, diagnosing and curing spiritual ailments. Allah Ta'ala had also granted a mastery and effectiveness in

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[1] (صلى الله عليه وسلم) means : 'May Allah bless him and grant him peace'.
This is mentioned after the name of the Prophet Muhammad (صلى الله عليه وسلم).
[2] *Hazrat* : 'The Respected' (A title used when addressing a religious luminary)
[3] رَحْمَةُ اللهِ عَلَيْهِ: meaning, May the Mercy of Allah be upon him'. This is mentioned after the name of a religious personality who is deceased.
[4] *Insha-Allah* : Allah Willing

Hazrat's execution of *'Amr bil Ma'roof and Nahy anil Munkar'* (the enjoining of what is good and the forbidding of evil).

With the *Fadhl* (Grace) and *Ihsaan* (Favour) of Allah Ta'ala, despite Hazrat Maulana's demise, the effect and benefit obtained through Hazrat's recorded talks, his books, tapes and Malfoozaat[5] is still evident with large numbers of Muslims, all over the world, having changed their lives, in conformity with the Shariah[6] and the Sunnah[7] of Rasulullah (صلى الله عليه وسلم), and continuing in their efforts for complete *Islaah* (reformation) …Alhamdulillah.

May Allah Ta'ala make this very, very, humble effort purely and solely for His Pleasure. May Allah Ta'ala grant acceptance. May He make it a means of us giving up all bad habits, and may He make it a *Sadaqa-e-Jaariyah* (perpetual reward) for my respected and honourable Shaykh[8], as well as for myself, and all those who kindly contributed in its publication. May Allah Ta'ala grant the ability to do what He loves and what He is pleased with – in word, deed and intention.

May Allah Ta'ala bless Hazrat Maulana with the best of the Hereafter.

[Zul Qa`dah 1433 / October 2012]

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[5] *Malfoozaat* : Wise and perceptive utterances and statements.
[6] *Shariah* : Code of Islamic Law
[7] *Sunnah* : The practice of the Prophet Muhammad (صلى الله عليه وسلم) and his noble companions.
[8] *Shaykh* : Spiritual mentor and guide.

CONTENTS

"Every intoxicant is forbidden. …"

[Abu Dawood[9]]

NB.: Do not touch the <u>Arabic</u> script of the Aayaat (verses) of the Qur`aan Shareef if not in a state of Taharat (cleanliness) – i.e. Wudhu, or Ghusl (if required).

[9] *Abu Dawood* : A book of Hadeeth compiled by Imam Abu Dawood (رَحْمَةُ اللهِ عَلَيْهِ)

بسم الله الرحمن الرحيم

INTRODUCTION

Anything that takes a person away from the obedience and remembrance of Allah Ta'ala[10], can neither contain any goodness, nor have any merit. Negligence in one's relationship with Allah Ta'ala inevitably draws loss upon loss, in this world and the next.

The word 'addiction' generally directs the thought to common evils such as alcohol consumption, drug abuse and even the very offensive habit of smoking.

In Surah[11] Maa`idah[12], Allah Ta'ala calls Intoxicants and gambling, *'Rijs'* (filth), *'a work of shaytaan',* a medium by which shaytaan causes anger and enmity, as well as prevents and hinders a person from the Remembrance of Allah Ta'ala and from Salaah[13]. Rasulullah (صلى الله عليه وسلم) has called intoxicants, *'the source of all evils'*.

Dependence and obsession of these habits are found common in almost all the societies of the world. Unfortunately and sadly, so many from amongst the Muslim Ummah are themselves lost to these same evils.

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[10] *Allah Ta'ala* : Allah, The Exalted
[11] *Surah* : A chapter of the Holy Qur`aan
[12] *Maa'idah* : The Table Spread [The name of a chapter of the Holy Qur`aan]
[13] *Salaah* : Prayer performed 5 times a day. It is a pillar of Islam and an incumbent duty upon every mature Muslim.

The ills that arise from these addictions are so severe and numerous, that the combined measures taken by societies and governments carry little weight and fall short in eliminating these evils. However, solution to the problem and salvation from the problem is simply submission to the Qur`aan Shareef.

The Qur`aan Shareef and the Ahaadeeth direct us to that which is commendable and pure, and prohibit the indulgence of that which is harmful and impure.

Allah Ta'ala says in the Qur'aan Shareef :

يٰٓأَيُّهَا النَّاسُ كُلُوْا مِمَّا فِي الْأَرْضِ حَلٰلًا طَيِّبًا ۖ
وَّلَا تَتَّبِعُوْا خُطُوٰتِ الشَّيْطٰنِ ۗ إِنَّهٗ لَكُمْ عَدُوٌّ مُّبِيْنٌ ۝
إِنَّمَا يَأْمُرُكُمْ بِالسُّوْٓءِ وَالْفَحْشَآءِ

"O PEOPLE, EAT PERMISSIBLE GOOD THINGS OUT OF WHAT LIES IN THE EARTH, AND DO NOT FOLLOW THE FOOTSTEPS OF SHAYTAAN (SATAN); INDEED, HE IS AN OPEN ENEMY FOR YOU. HE ORDERS YOU ONLY TO (DO) EVIL AND IMMODEST ACTS..."

[SURAH BAQARAH 2 : 168 / 169]

يٰٓأَيُّهَا الَّذِيْنَ اٰمَنُوْا كُلُوْا مِنْ طَيِّبٰتِ مَا رَزَقْنٰكُمْ وَاشْكُرُوْا لِلّٰهِ

"O YOU WHO BELIEVE, EAT OF THE GOOD THINGS WE HAVE PROVIDED TO YOU AND BE GRATEFUL TO ALLAH..."

[SURAH BAQARAH 2 : 172]

Hazrat Mufti Muhammad Shafi Saheb (رَحْمَةُ اللهِ عَلَيْهِ) mentioned the following reason to this Divine injunction in his *Tafseer* (commentary), ***Ma'ariful Qur`aan*** **:** ***"The act of eating Haraam[14] promotes evil instincts, kills the taste of Ibaadah (worship) and makes the prayers ineffective. In contrast, eating Halaal[15] generates inner light, creates a distaste for evil deeds, leads towards high morals, and creates a state in which the heart welcomes Ibaadah and finds the very thought of sin sickening, and of course, prayers are answered."***

One of the major reasons for the present weakness and miserable state of the Ummah is negligence in matters pertaining to Halaal and Haraam food; if not the deliberate consumption of Haraam. The results are clear as daylight.

…The purpose of this compilation is to motivate the 'addict' to give up his addiction, and to also awaken the minds of the negligent from their slumber of indifference.

[14] *Haraam* : Unlawful according to Shariah.
[15] *Halaal* : Lawful

ONE OF MANY LETTERS FROM EX-DRUG ADDICTS…

All Praise is due to Allah, The Most Forgiving,
The Most Merciful.

Respected Hazrat Maulana Yunus Patel Saheb
(Daamat Barakaatuhum)

As-Salaamu ‘alaykum wa-Rahmatullahi wa-Barakaatuhu[16].

On my birthday this year, my friends decided to give me a birthday treat. We went to one of those rave clubs and there I was given a pill to take, which they said would give me lots of energy to dance the whole night.

Not only did it give me the energy to dance the whole night (from 10 p.m. to 8 a.m. the following day) nonstop, but it also kept me on a ‘high’ for two days.

I cannot say that I was innocent and did not go to clubs before, but it was my first time to take drugs. …After being on that ‘high’, I was looking forward to my next ‘high’. It was something I had never experienced before in my life. …When I came down from the ‘high’, I felt so depressed because when I was on drugs I felt like Superman. I could do what I wanted, when I wanted and with whom I wanted.

[16] *As-Salaamu ‘alaykum wa-Rahmatullahi wa-Barakaatuhu* : Peace be upon you and Allah’s Mercy and His Blessings. (This is the Greeting of Muslims)

From the *Ecstasy Pill*, I went on to *'Acid'* and eventually, the next step was *Cocaine.* From a weekly ritual, it was becoming an almost daily ritual. Before I knew it, I was hooked. I had spent almost half my college fees on drugs and on my friends.

The scary part was that all my friends are Muslims, and we would buy our drugs from Muslims (who are the biggest dealers). In fact, the majority of people in the clubs are young Muslim boys and girls. There are also non-Muslims. Since everyone was intoxicated, we could indulge in zina[17] with whomsoever we wanted – regardless of their colour, faith or religion.

The young girls would sell themselves to get a pill from us. There were some really sick things that took place in the clubs. When I think of it now, it all makes me want to vomit.

Eventually, over a few months, I got so hooked, I didn't know whether I was coming or going. My life revolved around drugs. **My parents didn't have a clue as to what was happening. They didn't know what symptoms to look for, since they didn't know anything about drugs. To them I was their beloved, innocent son.**

I reached a stage when I thought that there was no way out. I was so depressed and miserable. I felt as if I was in this deep, dark hole, with no way out. **What scared me most was that my face felt like a pig's face.** I had to constantly look in the mirror to re-assure myself that I was normal.

[17] *zina* : fornication / adultery

Out of the Grace and Mercy of Allah Ta'ala, I started attending Maulana's Zikr and Majlis programmes[18]. From performing just the Jumu'ah[19] Salaah once a week, I began reading my Salaah, 5 times a day. Alhamdulillah.

With Maulana's duas, advice and help, the drugs went, the friends went, the clubs went, the dancing girls went – everything Haraam went. Alhamdulillah. I made sincere Taubah[20] and, Alhamdulillah, changed my entire lifestyle.

In return for this humble sacrifice, Allah Ta'ala granted me such joy and sweetness in my heart that there are no words to describe it. My depression, anxiety and problems all disappeared. If I can only describe that connection that Allah Ta'ala has granted me… I feel I am on a 'high' of a very different kind. I experience this 'high' by just reading my Salaah and making Zikr.

The dark cloud that had covered my heart was removed and in its place, Allah Ta'ala filled my heart with His Noor. It is only out of the Infinite Mercy and Forgiveness of Allah Ta'ala that I began to realize my true Allah, my beloved Rasool[21] (صلى الله عليه وسلم) and my identity as a Muslim in this world.

Alhamdulillah, after a few months, these passions and cravings to indulge in Haraam went away. I don't want to have anything

[18] The *Zikr* and *Majlis programmes* referred to in this letter were the programmes held by Hazrat Maulana (RA) on a weekly basis at Masjid-e-Noor, Asherville, Durban.
[19] *Jumu'ah* : Friday
[20] *Taubah* : repentance
[21] *Rasool* : Messenger (of Allah Ta'ala)

to do with drugs. Even though shaytaan[22] sometimes whispers in my heart, I suppress such thoughts.

Alhamdulillah, after attending the Zikr programmes I feel the hardness being removed from my heart. It is as if the Zikr is removing all the filth from my black heart. In fact, Maulana's talks create both hope and fear of Allah Ta'ala.

Alhamdulillah, Allah Ta'ala has, out of His Infinite Mercy, guided this sinful, disobedient and unworthy servant of His, and He has filled my heart with such Noor[23] and Sukoon[24] that nothing affects me or bothers me. There are no words to describe the sweetness in the heart, or the Noor that flows from my heart to the rest of my body. My depression, anxiety and restlessness have gone – Alhamdulillah. This is what you have always said in your bayaans[25].

I have come to a few conclusions after these downfalls of mine:

1.) The solution to all my problems lies in turning *only* to Allah Ta'ala.
2.) Friends who take me away from Allah Ta'ala are **not** friends at all.
3.) My heart should only be reserved for Allah Ta'ala.
4.) My nafs[26] is never dead.
5.) Constant Zikr and the company of the pious are a must.

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[22] *shaytaan* : Satan / The Devil
[23] *Noor* : Spiritual effulgence
[24] *Sukoon* : Tranquility
[25] *Bayaans* : Talks
[26] *Nafs* : the ego

May Allah Ta'ala always guide me and keep me in the company of the pious. May He keep me on the path of those whom He loves and those who love Him. *Aameen.*

I am always remembering Maulana in my duas.

JazakAllah,
Was-Salaam

PS : Please make dua for many friends of mine, including many Huffaaz[27] *of the Qur`aan Shareef who are still in such rave clubs – that Allah Ta'ala also gives them the gift of Hidayat*[28]*. Aameen.*

[27] *Huffaaz* : Those who have memorised the Noble Qur`aan. (Singular : Hafez)
[28] *Hidayat* : Guidance

A Sign of Qiyaamah[29]

Rasulullah[30] (صلى الله عليه وسلم) said: *"In the last days before Qiyaamah, the faces of certain people from my Ummah[31] will be changed into that of pigs and monkeys."*

The Sahabah[32] (رَضِيَ الله عَنْهُمْ), in great surprise, enquired : *"Will such people be believers in you and Allah Ta'ala?"*

Rasulullah (صلى الله عليه وسلم) replied : *"Not only will they believe in these things, but they will also perform Salaah, observe fast and perform Hajj[33]."*

…In other words, the outward signs of piety will be there, as we have these days.

The Sahabah (رَضِيَ الله عَنْهُمْ) asked: *"Then why will they be afflicted with such a misfortune?"*

Rasulullah (صلى الله عليه وسلم) replied: ***"They will be addicted to dancing and singing girls, and musical instruments. They will consume liquor excessively. One night they will pass their time in the usual merriment and in the morning their faces would have transformed into those of monkeys and swine.[34]"***

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[29] *Qiyaamah* : This is in reference to the last day and resurrection.
[30] *Rasulullah* : The Messenger of Allah
[31] *Ummah* : Followers
[32] *Sahabah* : The Companions of Rasulullah (صلى الله عليه وسلم) .
[33] *Hajj*: Pilgrimage to Makkah Mukarramah. This is the fifth pillar of Islam.
[34] Musannaf Ibn Abi Shaibah

We, who have a connection with the *Masaajid* (mosques), who keep fasts, perform Hajj and ‘Umrahs, etc. should take stock of our lives. We should not be complacent if there is indulgence in these types of Haraam activities. May Allah Ta’ala protect us.

Allah Ta’ala is the One who has given all of us our human features, and He has given the animals, including monkeys and swine, their features. So what is it difficult to understand that Allah Ta’ala can easily transform and change?

…The Qur`aan Shareef relates the story of a clan amongst the *Bani Israeel*, who on their disobedience to Allah Ta’ala, were punished in the same manner. Their faces were changed to that of monkeys and pigs. If this has happened in the past and Nabi (صلى الله عليه وسلم) said that it will happen in the future, then it will happen.

ADVICE AND PRESCRIPTIONS

‘[On the Day of Judgement], the feet of a person will not move until he is asked regarding :

(1) His life; how did he spend it,

(2) His knowledge; how did he act upon it,

(3) His Wealth; how did he acquire it (and)

(4) How did he spend it, and

(5) His body, how did he use it.’

[Tirmizi Shareef]

Advice to drug addicts…

Dear Brother / Sister,

There is glaring evidence, all over the world, of the damage that drug taking does to a person's health, both physically and spiritually, and so too the adverse and detrimental effects it has on society. I therefore do not wish to emphasize and elaborate on its harms. However, I do request you to take heed and ponder over the following points:

1.) People, everywhere, are found to be spending thousands of Rands, Dollars, Pounds, etc. to *'buy'* health. We have not found anyone spending money to buy ill health. Health foods, diets, exercise equipment and the likes form a multi-billion dollar enterprise. Not only do people exert themselves physically for good health, but as is seen, financially as well.

    Consider whether you are 'purchasing' health or ill health in expending money on drugs. Be it Cocaine, Crack, Heroin, Marijuana or Hashish, **ill health is being purchased;** sometimes at an astronomical cost.

    …The soundness and well-being of the good health you were favoured with, which has been lost in the damage of your liver, lungs and mind, by drugs, sometimes cannot be restored with all the medication and costly stays at rehabilitation centres thereafter.

Moreover, the consequences of such expenditure is that you cannot think straight and you indulge in deeds and actions you would never otherwise think of doing, in your right frame of mind.

2.) Consider the many people who are spending fortunes at the doors of courts to **buy back** respect, which they deem they lost by way of defamation of character. Such a person will be found proud and happy when judgement is given in his favour: that indeed he, the respondent, had been defamed, his good character had been tarnished and a bad image of him had been created.

So he sues for defamation of character and is rewarded a sum of money – the value and worth of his name and character!!! All this trouble, for what? …For his respect and dignity back. …If it was due to a newspaper article, he requests a written apology as well.

People spend hundreds of thousands on lavish weddings, birthdays, engagement functions and other celebrations. Presidents spend millions of taxpayers' monies on inauguration celebrations. All this, for what? …Name, respect and honour. So whether justified or not, ***money is spent to 'buy' respect and honour.***

What does a drug addict do? …**He spends his money buying disrespect, distrust, shame, humiliation and disgrace.** Who respects a drug addict? Who would like to give his daughter in marriage to a drug addict? How

many marriages have ended and how many relationships and friendships have been severed due to this habit?

As a result of drug addiction, you are not trusted at home : Your father hides his cash and your mother hides her jewellery due to the fear that their son would stoop to any level to maintain his drug addiction. Neither are you trusted in the business you work at : Your employer will be wary and perpetually on guard due to the same fear.

If, on the other hand, you seek employment and your habit is known, you get a straightforward: **'NO.'** as an answer. Is this a respectable life? **Is it worth bartering your permanent respect for a short term 'high'?**

All kinds of defamatory titles and labels are given. You are called a *"Dagga Rooker"*, *"Druggie",* etc. But you cannot claim for any defamation because you defamed yourself.

Think about this stigma that you will carry for the rest of your life.

3.) What of the trauma that young and innocent children have to experience and endure, having to contend with a father who has a very, very shameful habit? What of the negative effect this evil addiction has on the education and upbringing of those children? What if they follow suit – take to the same habit and lead the same miserable, unhappy life?

These are the returns on money squandered, financing a thriving drug market.

4.) If it is a 'friend' who has introduced you to taking drugs, then let us ask the question: ***Who is a friend?***

A friend is one who is concerned about his friend's goodness, welfare and health. A friend wishes to see his friend progress in life, be happy, and enjoy respect and success in both worlds.

A true and sincere friend is a helper, supporter and protector of one's spiritual well-being as well, encouraging towards what is good and discouraging that which is evil and destructive.

An enemy, on the other hand, desires the destruction of a person's life, health, wealth and respect. **So can the *'friend'* who encourages you or offers you drugs be called a friend? …Nay, he is your enemy.** You now have shaytaan, nafs, this 'friend' and those who supply the drugs as your enemies.

Allah Ta'ala mentions the reality and outcome of such *'friendship'* in the Qur`aan Shareef :

اَلْأَخِلَّآءُ يَوْمَئِذٍۭ بَعْضُهُمْ لِبَعْضٍ عَدُوٌّ إِلَّا الْمُتَّقِيْنَ ۝

"FRIENDS, ON THAT DAY, WILL BECOME ENEMIES TO ONE ANOTHER, EXCEPT THE GOD-FEARING."

[SURAH ZUKHRUF 43 : 67]

On the Day of Qiyaamah, many a person will be **extremely** remorseful for having befriended a person who encouraged him to naught but evil and sin.

The most common cause of addiction is peer pressure. Almost every addict reveals being introduced to drug taking (so too alcohol and smoking) through 'friends'.

Rasulullah (صَلَّىٰ اللهُ عَلَيْهِ وَسَلَّم) said : **"A person is on the Deen (way of life) of his friend, so everyone of you should look at who he befriends."**[35]

SO MY ADVICE :

- When you intend to buy the next drug, **stop before taking it**.
- Look at the drug **carefully**.
- **THINK. CONTEMPLATE. PONDER. REFLECT :** If this goes into my system, then? …Then the consequences that follow will be seriously harmful and damaging to my health; that same health which is a priceless gift, blessing and bounty of Allah Ta'ala, and for which I will be accountable on the Day of Judgement.

  What will be my reply when Allah Ta'ala will say: We granted you sound and healthy limbs … hands, feet, eyes, ears, nose, etc. What have you done to express your gratitude for all these gifts? And what will be my reply when questioned as to how I spent the wealth given to me by Allah Ta'ala?

[35] Abu Dawood / Tirmidhi

Added to this : ***This drug will ruin my respect and dignity in society.*** *I will be denounced and condemned by society because I am another problem, added to the list of problems already existing.*

- Therefore, do not damage your health and waste your wealth by taking drugs. If you are tempted into purchasing and have already purchased one, throw it into the toilet and flush it away… **before it flushes more of your health, wealth and respect away.**

- And tell that 'friend' who is encouraging you to do drugs: ***"If you are my friend, you would not lend a hand and help in the destruction of my body and soul. Your 'sincere' concern is increasing my dependency on something most ruinous to my health and respect, and your 'moral support' is imbibing more poison into my system. The friendship you express and project is in reality one of enmity. Since such friendship is no friendship… Farewell."***

…*Insha-Allah*, you will be blessed with true, sincere and well-wishing friends.

A SPECIAL PRESCRIPTION

There are many who are granted the blessed opportunity to visit the holy lands of Makkah Mukarramah and Madina Munawwarah. Unfortunately, they return after the Hajj, 'Umrah[36] and Ziyarah[37] with the same evil habits they had before. The reason being, that they had no genuine intention of *"kicking"* their bad habit/s, or did not make use of the golden opportunity to sincerely repent from their evil actions.

Alhamdulillah, I know of many, many, young, middle-aged and even some elderly people, including some girls and women who have informed me telephonically or who have written to me, that in following the prescription I had given to them, they *'kicked'* their bad habits after return.

Four friends who were drug addicts, taking everything from mandrax to ecstasy and cocaine, were planning to go to Malaysia for a holiday. While counselling them, I suggested that instead of Malaysia, they go for ten days to Makkah and Madina Shareef[38].

Beside other points of advice, I said to them :

- People always say : *'Don't forget to take…'* this or that when travelling to Saudi Arabia. I say: ***Please <u>DO FORGET</u> to pack your mandrax and cocaine. If not, then prepare***

[36] *'Umrah* : The lesser pilgrimage
[37] *Ziyarah* : Visit (to Madina Shareef)
[38] *Shareef* : Sacred

for your execution - with a sharp sword. Saudi Arabia warns of <u>Death</u> sentence if caught with drugs.

- Whilst in Makkah Shareef, take advantage of a very special means of *'shifa'* (cure) – the sacred water of *Zam Zam*[39]. Drink only Zam Zam water, and as much as is humanly possible.

Although it is not forbidden to drink tea, juices and cold-drinks, just go on a diet of Zam Zam water only. Drink Zam Zam to quench the thirst, and drink it even when not thirsty.

Rasulullah (صَلَّى اللهُ عَلَيْهِ وَسَلَّم) said : ***'Zam Zam is a cure for any purpose for which it is being drunk.'***[40]

Another Hadeeth[41] states : *'If you drink it to quench a thirst, it will do so; and if you drink it to fill the stomach in place of food, it will do so; and if you drink it for a cure from some illness, it will do so. …'*[42]

Thus, make plenty of Dua when drinking, with the *niyyat* (intention) that Allah Ta'ala cures you of your physical and spiritual ailments, especially the habit of drug taking (or other evil habits).

Do this as many times as possible, during the day and night. Insha-Allah, before return, you would have quit the addiction.

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[39] *Zam Zam* : Sacred water from a well near the Ka 'bah in Makkah Mukarramah.
[40] Musannaf Ibnu Abi Shaibah
[41] *Hadeeth* : Saying of the Noble Prophet (صَلَّى اللهُ عَلَيْهِ وَسَلَّم) .

- Then again, every area in and around the Haram Shareef[43] presents numerous opportunities where Duas are accepted. Therefore avail yourself of this blessed time and these blessed places. Make Du'aa that Allah Ta'ala purify you of these bad habits

    - During *Tawaaf*[44]
    - At the *Multazam*[45]
    - At the *Meezabur Rahmah*[46]
    - Upon *Safa* and *Marwah*[47]
    - During the *Sa'ee* (whilst walking between *Safa* and *Marwah*).
    - After Salaah behind the *Maqaam-e-Ibraheem*[48]
    - At the *Ruknul Yamaani*[49]
    - When one's sight falls on the *Ka'bah Shareef*[50]
    - Inside the *Hateem*[51]

Pour out the shame within your heart before Allah Ta'ala, in all these blessed places. Express regret and repentance of the bad habits of drugs, alcohol, gambling, fornication, cigarettes

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[42] Akhbaaru Makkah

[43] *Haram Shareef*: Masjid around the Ka'bah Shareef, also Sanctuary of Makkah Shareef.

[44] *Tawaaf* : circling the Kabah Shareef.

[45] *Multazam* : Area between the elevated door and the Hajre-Aswad (Black Stone).

[46] *Meezabur Rahmah* : Waterspout of the Kabah Shareef, in the Hateem area.

[47] *Safa and Marwa* : Two hills adjoining the Kabah in Makkah Mukarramah.

[48] *Maqaame-Ibraheem* : Place where the stone on which Hazrat Ibraheem (عَلَيْهِ السَّلام) stood, when building the Ka'bah Shareef, is kept.

[49] *Ruknul Yamaani* : A blessed corner of the Ka'bah Shareef.

[50] *Ka'bah Shareef* : First house for the worship (of Allah Ta'ala) on earth. It is also the present structure on the ground, and the direction Muslims face during Salaah.

[51] *Hateem* : Semi Circle enclosure, which is part of the Ka'bah Shareef.

or whatever Haraam you are addicted to. …If it is Hajj, then *Mina, Arafaat* and *Muzdalifa*[52] are cherries on the top for the acceptance of *Du'aa* and *Taubah* (repentance).

- In Madina Shareef, present yourself at the *Raudha Mubarak*[53] of Rasulullah (صلى الله عليه وسلم). After presenting your Salaam, say: *"O Beloved Rasul of Allah Ta'ala, Allah Ta'ala has revealed the verse :*

وَلَوْ أَنَّهُمْ إِذْ ظَّلَمُوْٓا أَنْفُسَهُمْ جَآءُوْكَ فَاسْتَغْفَرُوا اللّٰهَ وَاسْتَغْفَرَ لَهُمُ الرَّسُوْلُ لَوَجَدُوا اللّٰهَ تَوَّابًا رَّحِيْمًا ۝

"… HAD THEY, AFTER HAVING WRONGED THEMSELVES, COME TO YOU AND SOUGHT FORGIVENESS FROM ALLAH, AND HAD THE MESSENGER PRAYED FOR THEIR FORGIVENESS, THEY WOULD CERTAINLY HAVE FOUND ALLAH MOST-RELENTING, VERY-MERCIFUL."

[SURAH NISAA 4 : 64]

Thereafter say: *'I am a black sheep of your Ummah who is present here. I seek forgiveness from Allah Ta'ala for my indulgence in the Haraam of drugs*[54]*. I humbly request you to kindly intercede on my behalf to Allah Ta'ala, that He forgives my sins of the past and gives me the courage and Taufeeq*[55] *to give up my evils altogether. I want to live and die a true believer and sincere lover of Allah Ta'ala and His Rasul (صلى الله عليه وسلم).'*

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52 *Mina, Arafat, Muzdalifa* : Specific places visited during the Pilgrimage.

53 *Raudha Mubarak*: Blessed garden (reference to the Prophet's (Sallallaahu 'alayhi waSallam) grave)

54 Or whatever vices one is indulging in – gambling, drinking, adultery, etc.

55 *Taufeeq* : Divine assistance

At other Mubarak[56] places in the Masjid and outside, make plenty of Dua for forgiveness.

Zam Zam is also available freely and abundantly, even in Madina Shareef. So make the most of it.

On return home, immediately begin attending the gatherings of *Tafseer*[57], *Hadeeth, Da`wah*[58], *Ta`leem*[59], *Zikr*[60], etc. Read your five daily Salaah punctually. Stay away from Haraam viewing and listening, as well as bad company. Continue with Dua for *Istiqaamah* (steadfastness). Insha-Allah, you will be a clean person, enjoying peace, tranquillity, respect and happiness.

The youngsters accepted my suggestion. Instead of Malaysia, they went for 'Umrah. Al<u>h</u>amdulillah, when they returned, they were not only clean of the habit, they were not even recognisable. …An eight to ten year habit was flushed away. *SubhanAllah*.[61] They are regular at the *Majaalis* (gatherings) of Zikr and Ilm, and have become a means of inviting others toward the noble, pure Deen of Allah Ta'ala. …May Allah Ta'ala accept.

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[56] *Mubarak* : blessed
[57] *Tafseer* : Commentary of the Holy Qur`aan.
[58] *Da`wah*: Invitation (to Deen)
[59] *Ta'leem* : Teaching
[60] *Zikr* : Remembrance of Allah Ta'ala
[61] *SubhanAllah* : Glory be to Allah

Quitting cigarettes…

There are many who write to me, complaining of their addiction to smoking, and sincerely wanting to quit the bad habit. The prescription I give, which Alhamdulillah many have found effective as a remedy, is as follows :

1.) As Muslims, we are always taking the ***pure*** name of Allah Ta'ala and praising Him in some way or the other. Consider the *Salaam* (or greeting) that we are encouraged to offer to others, in abundance: Beside the fact that it is a Dua[62] and a form of *Ibaadah* (worship), it contains the pure name of Allah Ta'ala: ***'As-Salaam'***.

Hazrat Mufti[63] Muhammad Shafi (رَحْمَةُ اللهِ عَلَيْهِ), had quoted the following Hadeeth in his *Tafseer* (commentary) of the Qur`aan Shareef, ***'Ma'ariful Qur`aan'***:

Hazrat Abdullah Ibn Mas'ood (رَضِيَ الله عَنْهُ) related that Rasulullah (صلى الله عليه وسلم) said: *Salaam is one of the names of Allah Almighty with which He has blessed the people of the earth. So make Salaam a common practice among you because, when a Muslim goes to a gathering of people and offers his salaam to them, he is blessed with a station of distinction in the sight of Allah Ta'ala as he reminded everyone of Salaam; that is, reminded everyone of Allah Ta'ala…*

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[62] *Dua* : Supplication (Asking of Allah Ta'ala)
[63] *Mufti* : Expounder of Islamic Law

Does it then befit a *Mu'min* (Believer) to utter the name of Allah Ta'ala with the accompanying odour of tobacco? …No.

2.) In relation to the above point, we should keep in mind that the Qur`aan Shareef as well as the Ahaadeeth[64] encourage us to occupy the tongue in the Zikr of Allah Ta'ala.

Allah Ta'ala states in Surah Ahzaab :

يٰٓأَيُّهَا الَّذِيْنَ اٰمَنُوا اذْكُرُوا اللّٰهَ ذِكْرًا كَثِيْرًا ۝

"O YOU WHO BELIEVE, REMEMBER ALLAH ABUNDANTLY."

[SURAH AHZAAB 33 : 41]

Rasulullah (صلى الله عليه وسلم) mentioned in one of numerous Ahaadeeth relating to the *Zikr* (Remembrance) of Allah Ta'ala : **"Keep your tongue always moist (i.e. busy) with the Zikr of Allah."[65]**

We have to read Duas when wearing clothes, before and after leaving the toilet, when driving, entering and leaving home, before and after eating and drinking, etc. …On different occasions, Duas are to be recited. All of these contain the name and *'Hamd'* (praise) of Allah Ta'ala. Often, *Ayaah* (verses) of the Qur`aan Shareef are read in the form of Dua.

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[64] *Ahaadeeth* : Plural of Hadeeth

[65] Tirmizi, Ibn Majah

Furthermore, a Muslim has to sometimes say, regarding a future action: *'Insha-Allah'*[66], or sometimes congratulate by saying : *'Masha-Allah'*[67]*;* in his grief and sorrow he will say: *'Inna Lillah…'*[68] and for the bounties which he is blessed with, he will say: *'Al<u>h</u>amdulillah'*[69]*,* when thanking someone, he will say : *'JazakAllah'*[70]*, etc.*

We have also been encouraged by Rasulullah (صلى الله عليه وسلم) to read Durood[71] and Salaam[72] upon him in abundance. In fact, the practice of conveying Durood is rendered by Allah Ta'ala, Himself.

Allah Ta'ala mentions :

إِنَّ اللّٰهَ وَمَلٰٓئِكَتَهٗ يُصَلُّوْنَ عَلَى النَّبِيِّ ؕ يٰٓأَيُّهَا الَّذِيْنَ اٰمَنُوْا
صَلُّوْا عَلَيْهِ وَسَلِّمُوْا تَسْلِيْمًا ۝

"VERILY, ALLAH AND HIS ANGELS SEND BLESSINGS ON THE PROPHET : O YOU WHO BELIEVE, SEND (YOU) BLESSINGS ON HIM AND SALUTE HIM WITH ALL RESPECT."

[SURAH A<u>H</u>ZAAB 33 : 56]

3.) Consider the fact that when in the mother's womb, Allah Ta'ala preserved our mouths from being polluted, by having us nourished with our mother's blood, through

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66 *Insha-Allah* : Allah Willing (This is said when intending to do something)
67 *Masha-Allah*: As Allah willed (This is said when expressing appreciation or congratulation)
68 *Inna Lillahi wa-inna ilayhi ra-ji'oon* : To Allah we belong and to Him is our return. (This is said when some loss occurs)
69 *Al<u>h</u>amdulillah* : All Praise is due to Allah
70 *JazakAllah*: May Allah reward you. (This is said when expressing gratitude to someone)
71 *Durood* : Seeking Allah's Blessings on the Prophet (صلى الله عليه وسلم).
72 *Salaam* : Salutation to the Prophet (صلى الله عليه وسلم) .

the medium of the umbilical cord attached to the navel, and not the mouth. Why? …Because the Shariah classifies and catergorises blood as *najis* (filth).

Thus, from the inception of our physical creation, Allah Ta'ala preserved the mouth from impurity and reserved it for the *Tilawah* (recitation) of the Qur`aan Shareef, *Zikrullah*, Durood Shareef upon Rasulullah (صَلَّى اللهُ عَلَيْهِ وَسَلَّم) as well as *nasihah* (advice) tended for the benefit and goodness of others.

When Allah Ta'ala took such care in protecting our mouths from filth, we too should take care in preserving the cleanliness of our mouths.

4.) Added to this, we should abstain from smoking out of respect for the *Malaa`ikah* (angels) who are exceptionally and extremely sensitive to smell. Our Beloved Nabi (صَلَّى اللهُ عَلَيْهِ وَسَلَّم) instructed that a person who has eaten garlic and onions stays away from the Masjid[73], until he rids his mouth of the odour, due to the fact that annoyance is caused to the angels as well as Musallies[74]. What then would be said of the smell of cigarettes and tobacco?

Some of the Sunnats[75] of the Ambiyaa[76] (عَلَيْهِمُ السَّلام)[77] are *hayaa* (modesty), *itr* (scent) and *siwaak* (tooth-stick).

[73] *Masjid* : Mosque
[74] *Musallies* : The persons performing the Salaah.
[75] *Sunnats* : Practices
[76] *Ambiyaa* : Prophets
[77] *Alayhimus Salaam* : May peace be upon them.

Why the *'siwaak'* or *miswaak*? …Nabi (صَلَّى اللهُ عَلَيْهِ وَسَلَّم) used the miswaak in abundance, even though there was never any bad odour emitted from the mouth or even the body of Rasulullah (صَلَّى اللهُ عَلَيْهِ وَسَلَّم). Beside the fact that Hazrat Jibra`eel[78] (عَلَيْهِ السَّلام) was delivering *Wahi* (revelation) from Allah Ta'ala, this practice of miswaak was to also teach us the importance of maintaining the cleanliness of the mouth.

5.) Moreover, we should consider the fact that we generally cause distress and inconvenience to so many non-smokers, who find smoking a very disagreeable habit. This then is a violation of their rights.

So many women endure this offensive and bad habit of their husbands. Had these women been the smokers and the husbands, non-smokers, then they would know how unpleasant and disturbing the habit is.

I, personally, get a headache if I have to sit in a car, in which the driver or passengers or even the ashtray has a cigarette smell. Although I adopt *sabr* (patience), the truth is that I feel like stopping the driver and getting off. If, in the Masjid, I happen to stand next to a person with the filthy smell of cigarettes, I feel like moving away if the Salaah has not commenced. …Just imagine how many others must be feeling the same way.

[78] *Jibra`eel* : The Archangel who conveyed Divine Revelation to Rasulullah (صَلَّى اللهُ عَلَيْهِ وَسَلَّم)

…An important branch of Shariah is Islamic Social life (*Mu'aasharaat*). Simply explained, it is to consider others before ourselves – i.e. by refraining from annoying, inconveniencing and hurting others. This is one of the branches of Shariah which the true Walis (friends) of Allah Ta'ala greatly emphasize and impress upon.

It is unfortunate that we do not give importance to such matters. Due to scant regard for *Mu'aasharaat,* we are losing the *Noor* of our Zikr and Ibaadat[79].

6.) I always tell the persons interested : So much of money is saved in giving up smoking. …Consider as to how many Hajj you have already burnt. **How many widows, orphans, poor and needy could have been sustained with that which you burnt...** And the fact of the matter is that all those cigarettes were of no benefit to your physical health and well being.

When so many have given up drug addictions, what then are cigarette addictions?

The next time you take a cigarette, reflect over the following: ***I am burning money, harming my health, inconveniencing others, and my mouth is so filthy that no angel or human being wants to be near me.***

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[79] *Ibaadat* : Worship

Make Dua to Allah Ta'ala : ***I have got this weakness. Give me the strength to give it up.*** Request the pious ones to make Dua for you. Virtue and acceptance are realized with the Duas of the pious.

May Allah Ta'ala make it easy for us and all brothers and sisters to give up all bad and evil habits.

[The above advice will, insha-Allah, make a Muslim, **conscious of Deen,** quit the habit. To the others, all the arguments by anti-smoking activists should be sufficient.]

Imposing a fine

Another prescription that has been found to be very effective for the one interested in giving up smoking, is enforcing a penalty upon oneself. However, such prescriptions should necessarily be carried out under the guidance of a Shaykh or spiritual mentor.

If the person, who has this habit of smoking, is not able to muster the courage to give it up, he should, together with sincere Dua, impose upon himself a fine for each cigarette smoked – a fine which should neither be so little, that it causes no pain of giving, nor so much, that a person will find it impossible to give.

A chart should be drawn up for the month. Thereafter, one should note for each day of the month, how many cigarettes were smoked. At the end of the month, the total amount is to be given in charity – i.e. the number of cigarettes x the specified amount. Show this chart to one's Shaykh or mentor on a regular basis to gain the courage to give it up.

To cite an example : If a person, who smokes 20 cigarettes a day, is of an average earning, a fine of R10 per cigarette will be a pinch on his heart. He will find it heavy on his pocket.

Together with this monetary fine, the person should impose upon himself 2 or 4 Rakaats of Nafl (optional) Salaah for each cigarette smoked.

…*Alhamdulillah,* many have quit the habit of smoking following this prescription as well. **Of course, all depends on the sincerity and determination of the one wishing to quit the bad habit.**

يَٰٓأَيُّهَا الَّذِيْنَ اٰمَنُوْآ إِنَّمَا الْخَمْرُ وَ الْمَيْسِرُ وَالْأَنصَابُ وَالْأَزْلَامُ رِجْسٌ مِّنْ عَمَلِ الشَّيْطٰنِ فَاجْتَنِبُوْهُ لَعَلَّكُمْ تُفْلِحُوْنَ ۝

"O YOU WHO BELIEVE! WINE, GAMBLING, ALTARS AND DIVINING ARROWS ARE FILTH, MADE UP BY SHAYTAAN. THEREFORE, REFRAIN FROM IT, SO THAT YOU MAY BE SUCCESSFUL."

[SURAH MAA`IDA 5 : 90]

ALCOHOL...

يَسْـَٔلُوْنَكَ عَنِ الْخَمْرِ وَالْمَيْسِرِ ؕ قُلْ فِيهِمَآ إِثْمٌ كَبِيْرٌ وَّ مَنَافِعُ لِلنَّاسِ ۫ وَإِثْمُهُمَآ أَكْبَرُ مِنْ نَّفْعِهِمَا ؕ

"THEY ASK YOU ABOUT WINE AND GAMBLING. SAY, "IN BOTH THERE IS GREAT SIN, AND SOME BENEFITS FOR PEOPLE. AND THEIR SIN IS GREATER THAN THEIR BENEFIT.""

[SURAH BAQARAH 2 : 219]

One of the signs of Qiyaamah conveyed to us by Rasulullah (صلى الله عليه وسلم) is that the people of his Ummah will make wine lawful by giving it the name of a beverage. Added to this, alcohol will be consumed publicly.

This has become a very clear and apparent sign of Qiyaamah. Despite its numerous harms, alcohol has been accorded a respectable status in society. Both, non-Muslims and Muslims have taken to a habit which destroys health, exhausts wealth, lays waste marriages, family relations and friendships. For the Muslim, it causes great damage to his Imaan[80].

Generally, a Shar'i prohibition is based on 3 factors :

- **It is harmful to the person's health.**

  Often, both one's physical and spiritual health are completely destroyed.

[80] *Imaan* : Faith / Belief

- **It is harmful to the person's family**

  Many parents, wives and children complain of the physical and verbal abuse that they have to contend with, when their sons / husbands / fathers are drunk. Women have complained of nausea and wanting to throw up with the filthy smell of alcohol from their husband's mouth.

- **It is harmful to the society in which he lives**

  Due to drinking and driving, there are numerous accidents, as well as resultant deaths. It affects production at work and has numerous known repercussions.

…Almost every government in the world promotes alcohol although they agree that alcohol is detrimental to the health. They encourage the habit by having advertisements on television, radios, newspapers, billboards, etc.

After all its promotion and the repercussions alcohol has on the lives of thousands, these governments form **'ALCOHOLICS ANONYMOUS ASSOCIATIONS'.** After thousands are expended in treatment, they say that they are suffering a loss in their economic state. They then collect more tax. …This is the paradox of the societies around the world.

Gambling…

[Since Gambling is mentioned along with Intoxicants in the Qur`aan Shareef, and society has also categorized it as an addiction*, the following Malfooz of Hazrat Maulana Yunus Patel Saheb (RA) is included in this compilation.]

There are those who, on reading of some person winning 6 million Rands in the lottery, desire to also buy a lottery ticket. And this desire increases in intensity when reflecting over so many digits in a winning. Once more, the command of Jihad[81] is declared against the nafs.

I always say that a Muslim should consider every Haraam Rand, Dollar or Pound won in a lottery or in gambling or coming in any Haraam way (Interest, Fraud, theft, Insurance, etc.) as one pig. If we do not consider every Haraam Rand as a pig, there is a weakness in our Imaan. If a person wins 6 million or 13 million Rands, Dollars or Pounds, we should consider that the person has won 6 million or 13 million pigs.

If a Muslim is told that he has won 6 million pigs, which are accommodated on a very large farm, then immediately that Muslim will say : *'La haula wa la qoowata illah Billlah'*[82] – whereas, just as that pig is filth and Haraam, so too are the winnings of the National Lotto or any other form of gambling.

* In America, an Institution called **'GAMBLERS ANONYMOUS'** has been established because Gambling is such an addiction. Those who have an obsession and addiction to gambling are known as *Compulsive Gamblers.*

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[81] *Jihad* : Striving in the path of Allah Ta'ala.
[82] There is no Power and Might except with Allah.

Since the person with an addiction

is being directed to give up the bad habit,

he is now encouraged to

an addiction which is PRAISEWORTHY:

The addiction of DIVINE LOVE.

The following are from the noble teachings of

Hazrat Maulana Yunus Patel Saheb (رَحْمَةُ اللهِ عَلَيْهِ)

Three Intoxicants

Extract from **'Aashiq-e-Sawdiq'** by
Hazrat Maulana Yunus Patel Saheb (Rahmatullahi 'Alayh)

My spiritual mentor, Hazrat Maulana Hakeem Muhammad Akhtar Saheb (Daamat Barakaatuhum) once asked me: *"How many kinds of intoxicating drinks are there?"*

I replied : *"I do not know."*

Hazrat then explained to me that there are three kinds of intoxicants :

- The first is the intoxicating wine of *'Dunya'*[83]. The majority on the face of the earth are intoxicated with something of the earth: gold, silver, property, business, fashion, cars, etc. Yet this 'Dunya' is something that is neither *'Azali'* nor *'Abadi'* – meaning that it was not existent previously. It has been created. Added to this it will not remain forever. It will one day **perish.**

- The second kind of intoxicant is the intoxication of the *Aakhirah* (Hereafter). Jannah[84] is the drink of the Aakhirah. Even though it is not *'Azali'* (*from* all times), it **is** *'Abadi* – meaning that it will not be destroyed. It will exist into eternity. This intoxicant is permissible; in fact it is recommended to seek.

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[83] *Dunya* : The material world
[84] *Jannah* : Paradise

- The third kind of intoxicant is the intoxication of **'HAQ'**[85]. The drink of DIVINE LOVE. This is unique and unparalleled as it is neither created nor will it perish. It was. It is. It will *always* be.

  This drink is exclusive to the *Ahlullah*[86]. If we desire ***'the drink of the pure love of our Master, Allah Ta'ala'***, we will have to keep company with His lovers. Their generosity is such that they share the same with those who have the thirst.

[85] *Haq* : The Truth. This is one of the Attributes of Allah Ta'ala. Allah Ta'ala is Existent, from all times and forever.
[86] *Ahlullah* : The people of Allah

A Spiritual 'High'

Extract from **'Hedayatus Saalikeen' [Book 1]** by
Hazrat Maulana Yunus Patel Saheb (Rahmatullahi 'alayh)

Those who keep taking drugs and drinking alcohol, do so to remain on a *'high'*. They do so to escape the problems their sins have landed them in. But when the effect of this wears off, or when the person becomes immune, then he has to increase the strength of the drug to get on that *'high'*.

The end result is loss of health, damage to the physical and spiritual self, loss of wealth and respect, and abuse of wife, children and parents.

When a person makes the *Zikr* of Allah Ta'ala, stays away from everything prohibited, develops a close bond with his Creator, drowns in the *'ISHQ'*[87] of Allah Ta'ala and Rasulullah (صَلَّى اللهُ عَلَيْهِ وَسَلَّم), then he is always on a *'high'* - ***a spiritual high***, without any drugs. He enjoys such coolness, satisfaction and peace, that if drug addicts only knew or tasted of it, they would go nowhere near drugs.

[87] *Ishq* : Intense Love

Artificial Enjoyment

Extract from **'Guidance for the Youth'** by
Hazrat Maulana Yunus Patel Saheb (Rahmatullahi 'alayh)

Holidays are difficult for students. Most of them do not know what to do to pass their time. The boredom they experience leads them to all kinds of sins : music, television, cinema, theatres, clubs, etc. Even casinos and escort agencies are now being frequented by our youth.

When the 'thrill' and 'enjoyment' of these sins wears off and the boredom and monotony of the 'same old thing' sets in, their boredom leads them to drugs - to induce a high, so that they may experience some artificial enjoyment.

After that *'high',* they take more and more until they are hooked onto the habit. They become complete wrecks and destroy their lives. They then come crashing right down.

A young girl, obviously under some sort of intoxicant, who I was later informed, was from the university, dashed into the Madrasa office one day.

She said : *"Maulana, I have a question for you."*

I asked : *"What is the question ?"*

She replied : *"Is it Haraam to take drugs ?"*

I said : *"No."* This reply must have surprised her. …She probably thought that at least she had found a Maulana who has declared drug-taking as *Halaal* (lawful).

She fired another question : *"Is it perfectly acceptable to take drugs?"*

I replied : *"Yes."* This must have shocked her even more.

I thereafter explained to her that there are many different types of drugs prescribed by doctors, for various ailments and diseases. Within the prescribed limits, these are permissible. But to take drugs so that you may 'visit' the planets and the 'people of outer space' or that you may 'fly without wings' is definitely not permissible. Such drugs ruin a person's respect and dignity.

Why was she taking drugs? …Perhaps she was experimenting, or trying to impress, or depressed, or rebelling, or just bored.

Those who believe in Allah Ta'ala and have an ***intense*** love for Allah, can never suffer boredom. How can you ever become bored in your search for the Beloved?

Islam is so beautiful and practical as a way of life, that included in its teachings are enjoyment, entertainment and pleasures of the *Halaal* (lawful) kind in order for one to stay refreshed. It is only left for us to appreciate…

The Drink of Love

Extract from **'Aashiq-e-Sawdiq' [Part 2]** by
Hazrat Maulana Yunus Patel Saheb

The taking of the name of Allah Ta'ala gives a person more intoxication than the one who is addicted to wine.

'The joy of taking Your name
Is far greater than the enjoyment
Of those who love their wine.'

This is not a worldly intoxication which makes a person lose his sense of sanity and then commit indecent and obscene deeds. The intoxication inherent in the beautiful name of Allah is a rare and exceptional kind of intoxication. It is a pure intoxication.

Hazrat Maulana Jalaluddeen Rumi (رَحْمَةُ اللهِ عَلَيْهِ) said:

"When I take the name of Allah,
from every hair of my body,
fountains of honey begin to flow."

Some *Ahlullah* have even disclosed that they experience the sweetness of the name of Allah Ta'ala in the true and literal sense : their saliva becomes sweet.

That Allah who has placed sweetness in sugar cane, cannot He put the same onto our tongues?

The Backlash…

Hazrat Abu Hurairah (رضی الله عَنْهُ) reported that Rasulullah (صلى الله عليه وسلم) said :

"Certainly Allah is Pure. He does not accept but pure, and certainly Allah commanded the Believers to do that which He commanded the Messengers (of Allah) to do. So He said:

يٰٓأَيُّهَا الرُّسُلُ كُلُوْا مِنَ الطَّيِّبٰتِ وَاعْمَلُوْا صَالِحًا ط

'O MESSENGERS, EAT OUT OF THE GOOD (HALAAL AND WHOLESOME) THINGS AND PERFORM RIGHTEOUS DEEDS.'[88]

and Allah Ta'ala said :

يٰٓأَيُّهَا الَّذِيْنَ اٰمَنُوْا كُلُوْا مِنْ طَيِّبٰتِ مَا رَزَقْنٰكُمْ

'O YOU WHO BELIEVE, EAT OUT OF THE GOOD THINGS WE HAVE GIVEN YOU…'[89]

Then he (Rasulullah (صلى الله عليه وسلم)) mentioned a person who undertakes a long journey, his hair is dishevelled, and his body covered with dust. He raises his hands towards the sky and says *:'O my Sustainer, O my Sustainer'*, whereas the food that he eats is haraam (from unlawful earnings); the

[88] Surah *Mu`minoon* (The Believers) : Chapter 23, Verse 51
[89] Surah *Baqarah* (The Heifer) : Chapter 2, Verse 172

clothes he wears is Haraam; and he has been nourished with haraam (food). How then will his Du'aa be accepted?"[90]

Rasulullah (صلى الله عليه وسلم) said : ***"The meat and blood that has been nourished with Haraam wealth will not enter Jannah. It is only suitable for Jahannum[91]."[92]***

- If a person *sincerely* repents from Haraam; returning what was usurped, repaying that which is rightfully due, giving up that which draws Haraam income (gambling, interest, embezzlement, etc.), and giving up Haraam food and drink, his duas will thereafter be accepted and he will gain salvation from Jahannum. *Insha-Allah.*

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[90] Sahih Muslim
[91] *Jahannum* : Hellfire
[92] Abu Nuaim, Bayhaqi

A Means of Protection

In my Duas, I always make mention that we inevitably have to depart from this world. Death is a certainty. However, its time is unknown. Since we do not know where and when and how we are going to die, how can we be engaged in sin? So when making Dua, I say: ***O Allah, It must not be that the Angel of Death visits anyone of us when we are popping drugs into our mouths, or when we have a bottle of liquor in our hands, or when we are in a casino or an escort agency, or in adultery and fornication, or watching some filthy movie or reading a filthy novel or magazine.***

Alhamdulillah, this Dua has been a means of *Hidayat* (guidance) and protection for many who found their evil habits difficult to give up. When the thought of death and this Dua flashed before them, someone dashed out of a casino, another distanced himself from an escort agency, and others opted for abstinence and self-restraint.

This remembrance of death becomes a barrier between a person and sin.

My Shaykh, Hazrat Maulana Hakeem Muhammad Akhtar Saheb *(Daamat Barakaatuhum)* often presents the following questions for reflection :

❶ **Is sin *good* or *bad*** *?*

…The answer would be 'Bad'.

❷ **Should a bad thing be given up or not ?**

... It should be given up.

❸ **Should it be given up *quickly* or *slowly* ?**

... Quickly.

❹ **Should it be given up *before* death or *after* death ?**

...Before death.

❺ ***Who knows when death will pay its only visit ?***

We know fully well that sins should be given up before death. We also know that the hour of death is unknown, and there is no escape therefrom. Should sin not then be given up *immediately?* …Is there even any time to think when to give it up? …The time to give up sin is now.

My Shaykh has composed a couplet that spells out this reality, which we should reflect over :

Strange is the visa of life;
It can be cancelled at any time.
The duration of its validity is unknown
And its extension too, impossible.

The Thorn Tree

Hazrat Maulana Jalaluddeen Rumi (رَحْمَةُ اللهِ عَلَيْهِ) related a story in his Mathnavi Shareef, which contains great lesson for all of us.

The story goes that a person planted a thorn tree on a pathway, frequently used by people. As it grew, its thorns began to injure those walking by. The person was told that the thorn tree was a hindrance and an obstacle, causing harm and injury to the people. So he promised to uproot the tree, saying: 'I will do so tomorrow.'

Despite the complaints of the people, many 'tomorrows' came and many 'tomorrows' went by, and no effort was made in uprooting the thorn tree. Eventually, after many years, the tree, having taken root deeply, had grown in strength. The matter was finally taken to the municipality and the person was ordered to remove the tree.

Having no option, he set off to fulfil the task. However, with the passing of time, he had aged and weakness had set in. On the other hand, the tree had become so strong and firmly rooted that there was no scope of him uprooting such a big tree. Due to his weakness, he could not do anything.

The only way this thorn tree could be uprooted and removed was with a bulldozer. The bulldozer was his only means of ridding the path of the harmful thorn tree.

Of course, this is just a story to give lesson. The lesson derived is that if sins are not given up when they are 'young', then the roots of those sins sink deeper and deeper, entrenching themselves in the heart. Sins then gain in strength.

As a result, it becomes extremely difficult for a person to uproot the tree of his sins. A greater *mujahada* (striving) would be required. The person will require a greater amount of effort to restrain himself from Haraam.

Just as the thorn tree in the story required a bulldozer, so too, this tree of sins will be removed with the aid of a bulldozer. …And what, we may ask, is this bulldozer?

These bulldozers are the *Ahlullah.* Allah Ta'ala has given them such hearts, which contain such noor of Taqwa[93], that in their *suhbat* (company), people who have indulged in sins all their lives, will be able to, with ease, rid themselves of even ***major*** sins. Insha-Allah.

In the company of those who are true Ahlullah, sins of a lifetime will be uprooted. Those who were committing sins for 20 years and 30 years will find those sins uprooted and will find their spiritual illnesses remedied.

A person should thus take courage and seek the assistance of the Ahlullah, and see the transformation that takes place with the *Fadhl* (Grace) of Allah Ta'ala.

[93] *Taqwa* : Piety / God-fear (means to abstain or restrain from that which is forbidden)

There are, however, conditions to be met.

- We should have love and respect for the Ahlullah, and we should keep their company, without prejudice.

- We should sit with the *Niyyat* (intention) of *Islaah* (reformation), with an open heart and mind.

If we attend such *Majaalis* (gatherings) with these accompanying conditions, we will leave with *Noor* in our hearts. It is via this Noor that such persons make sincere Taubah, and it is this Noor which is instrumental in creating the keen desire of change in their lives.

PHYSICAL HARMS

May Allah Ta'ala reward the doctors and others who provided the following information on Physical harms.

Physical Harms of Drugs

- **Marijuana**

  - The most widely used illicit drug in the USA.
  - **Short term effects :** sleepiness, short term memory, reduced ability to perform tasks requiring concentration and co-ordination eg. driving a car. Potential cardiac danger for those with pre-existing heart disease, blood shot eyes, paranoia, hallucinations.
  - **Long term effects :** Risk of cancer, risk of infertility in men and women, psychological dependence on the drug. Marijuana blocks messages going to the brain, alters perceptions and emotions, hearing and co-ordination.

- **Cocaine and Crack**

  - *Cocaine is a stimulant which is either 'snorted' through the nasal passages or injected intravenously.*
  - Gives a temporary illusion of limitless power and energy, but leaves the user feeling depressed, edgy and craving for more.
  - Crack is a smokable form of cocaine.
  - **Physical risks associated with using any amount of Cocaine and Crack:** Heart attacks, strokes, respiratory failure, seizures, hepatitis or AIDS through shared

needles, reduction of the body's ability to combat infection, skin problems, damage to liver and central nervous system and memory loss.

- **HALLUCINOGENS**

  - *These drugs distort the perception of objectivity and reality. Common hallucinogens are PCP and LSD.*
  - Can produce unpredictable, erratic and violent behavior. The effect can last up to 12 hours.
  - LSD produces tolerance, so a higher dose is needed each time to achieve the same effect. This can lead to convulsions, coma, heart and lung failure and even death.
  - **PHYSICAL RISKS OF HALLUCINOGENS :** Increased heart rate and blood pressure, sleeplessness and tremors, lack of muscular co-ordination, incoherent speech, decreased awareness of touch and pain that can result in self-inflicted injuries, convulsions, coma, heart and lung failure. Depression, paranoia, violent behaviour similar to schizophrenic psychosis, lethargy and disorientation.

- **INHALANTS**

  - *Substances that are sniffed to give the user an immediate 'rush' or 'high'. Includes chemicals found in aerosols and cleaning solvents. Even a single use can result in death. An example is glue sniffing.*

- **Single use can result in :** Sudden death, suffocation, hallucinations, mood swings, numbness and tingling of hands and feet.
- **Prolonged use causes :** Headache, muscle weakness, abdominal pain, decrease or loss of sense of smell, nausea and nose bleeds, hepatitis, violent behavior; liver, lung and kidney impairment, irreversible brain and nervous system damage, involuntary passing of urine and faeces.

According to medical experts, death by using inhalants (even once) can occur in 5 ways :

- Asphyxia – solvent gases limit available oxygen in air, causing breathing to stop.
- Suffocation – typically seen with inhalant users who use bags.
- Choking on vomit.
- Careless behaviour in potentially dangerous settings.
- Sudden *"sniffing death syndrome",* presumably from cardiac arrest.

Physical Harms of Smoking

- **Brain**
  - Excessive smoking can cause a brain haemorrhage.
  - Hardening of the arteries can cause blockage of arteries resulting in a stroke.

- **Lungs**
  - Chronic bronchitis – the patient has shortness of breath, excess coughing and wheezing.
  - Emphysema – where the lung walls break down, resulting in breathlessness.
  - Lung cancer.
  - Predisposes to lung infections eg. Tuberculosis

- **Heart**
  - It causes fatty deposits and hardening of the arteries which then blocks the arteries and the patient gets a heart attack.
  - Increase in heart rate and blood pressure.

- **Cancer**
  - Smoking has been linked to a number of other cancers beside lung cancer. These include cancer of the tongue, cancer of the throat, cancer of the kidney and cancer of the bladder.

- **Smoking can also cause :**
  - Hypertension
  - Smoker's cough
  - Gastric Ulcers
  - Slow suicide
  - Diminished or extinguished sense of smell and taste.

Physical Harms of Alcohol

- **Brain**
  - Long term abuse of alcohol can cause dementia – dementia is global brain dysfunction. There is deterioration in intellect, judgement, personality, memory and activities of daily living.
  - Brain haemorrhage
  - Imbalance because it affects the part of the brain called the cerebellum.
  - Head injuries – individuals that are intoxicated are more liable to injure their heads.
  - Euphoria, irritability, paranoia, confabulation and violent behaviour.
  - Damage to peripheral nerves, resulting in pain, pins and needles, burning and weakness.

- **Heart**
  - Excess alcohol causes the heart muscle to deteriorate. This causes heart failure.

- **Liver**
  - Acute inflammation of the liver (hepatitis).
  - Cirrhosis where there is hardening and shrinkage of the liver.
  - Cancer of the liver.

- **PANCREAS**
  - Acute pancreatitis – this is acute inflammation of the pancreas causing severe abdominal pain and even death.
  - Chronic pancreatitis – these patients can develop diabetes and also will not be able to adequately absorb the food from the bowel (especially fat).

- **IMMUNE SYSTEM**
  - Chronic alcoholism impairs the immune system so that patients are more prone to infections such as pneumonia.

- **NUTRITIONAL DEFICIENCY**
  - With excessive alcohol intake, patients do not eat properly. They become deficient in various vitamins and minerals. This can cause a variety of problems such as skin lesions, bowel problems and brain problems.
  - Extreme anorexia

- **WITHDRAWAL SYMPTOMS INCLUDE** :

  Nausea, vomiting, tremors, anxiety, hallucinations, rapid heartbeat, convulsions, delirium and coma.

HARMS OF GAMBLING

PHYSICAL

- **RESEARCH INDICATED THAT EXCESSIVE GAMBLERS SUFFER FROM PHYSICAL COMPLAINTS INCLUDING :**
  - Chronic headaches
  - Breathing difficulties
  - Chest pains
  - Cardio-vascular illness
  - Obesity
  - Sleeping difficulties
  - Dental problems.

OTHER *

- The addicted gambler comes to be deprived of earning his livelihood, because his interests lie in taking what belongs to another, through a bet.

- Gambling, like wine is the cause of hatred, animosity, aggression, quarrels, etc.

- With gambling, a person falsely devours what belongs to others without compensation and consideration.

- Affects the family as well as the social circle. People may have entered into transactions, contracts and loan deals with the gambler, which will create problems in the event of him becoming insolvent.

There are many things which are also included in the category of Qimaar or Maisir (Gambling). For example, Prize-awarding cross-word puzzles (in which the participants are charged a fee), Commercial lotteries, money or property staked in playing cards, chess, backgammon, etc.

From ***Ma'ariful Qur`aan*** by MAULANA MUFTI MUHAMMAD SHAFI SAHEB (RA)

“The pleasures of this world
are but temporary.
Do not lose the pleasures of Jannah
for their sake.
O Heart! In doing so, realize that you
have exchanged a
rose for a blade of grass.”

Hazrat Maulana Hakeem Muhammad Akhtar Saheb
{Daamat Barakaatuhum}

[The need for the prescriptions herein is quite evident. However, copies of this book are limited. Those with these addictions far outnumber the number of books in circulation. It would be appreciated if the book is passed on for the benefit of others, or get others to access it from the following website: ***http://www.YunusPatel.co.za]***

Publications

Tafweez – The Cure for Depression
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Aashiq-e-Sawdiq Part 1
Aashiq-e-Sawdiq Part 2
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Du`aa
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Rujoo'Ilallah
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Ma`aarif-e-Mathnavi
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